

## ABSTRACT

A seamless capsule including a filler material and a shell which encapsulates the filler. The shell comprises (a) a shell material and (b) a crystallization agent which is one or two or more selected from a group consisting of sorbitol, mannitol, xylitol, erythritol, paratinitt, lactitol, maltitol, trehalose, and saccharose. The shell includes crystals which are formed by deposition of the crystallization agent when a shell liquid including the shell material and the crystallization agent is hardened, and the shell is substantially opaque due to the presence of the crystal.